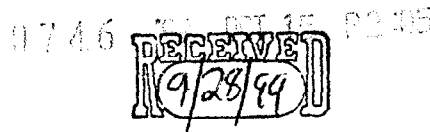


# Carlson<sup>®</sup>



September 7, 1999

Office of Special Nutritional (HFS-450)  
Center for Food Safety and Applied Nutrition  
Food and Drug Administration  
200 C St. SW  
Washington, D.C. 20204

Dear Sir or Madam:

I hereby notify the Food and Drug Administration (FDA) of the use of a statement of nutritional support in the labeling of Carlson Grapefruit Pectin. Carlson Division of J. R. Carlson Laboratories, Inc., Arlington Heights, Illinois 60004, is the distributor of Carlson Grapefruit Pectin.

Statement being made in the labeling of Carlson Grapefruit Pectin.

"Carlson Grapefruit Pectin is a natural source of soluble dietary fiber providing potential benefits supported by science. Studies have found that individuals who consume diets high in fiber enjoy healthier lifestyles and improved blood chemistry. Supplementation with Grapefruit Pectin allows us to reach established dietary guidelines for fiber."

To the best of my knowledge, and based upon information and belief present at the time of the executing of this notice, I certify that the above information is accurate and complete; and that J. R. Carlson Laboratories, Inc. possesses substantiation that the statements are truthful and not misleading.

J. R. Carlson Laboratories, Inc.

By:   
Susan Carlson, Vice President

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Carlson Grapefruit Pectin is a natural source of soluble dietary fiber providing potential benefits supported by science. Studies have found that individuals who consume diets high in fiber enjoy healthier lifestyles and improved blood chemistry. Supplementation with Grapefruit Pectin allows us to reach established dietary guidelines for fiber.\* Each tablet provides 1,000 mg of Grapefruit Pectin equivalent to 1 gram of fiber.

Supplement Facts		
Serving Size 3 Tablets	Servings Per Container 30	
	Amount Per 3 Tablets	% DV
Dietary Fiber	3g	12% *
Grapefruit Pectin	3g	†
* Percent Daily Values are based on a 2000 calorie diet.		
† Daily Value (DV) not established.		

Other Ingredients: Silicon dioxide, magnesium stearate, dicalcium phosphate, cellulose.

Suggested use: Take 1-3 tablets with at least 1 cup (8 oz.) of water at every meal.

Natural color. Sugar-free. Milk-free. Starch-free. Salt-free. Yeast-free. Preservative-free. Corn-free. Wheat-free. Soy-free. Cellulose-coated.

\*This Statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Distributed by Carlson Division of J.R. Carlson Laboratories, Inc. Arlington Hts., IL 60004-1985

POTENCY AND QUALITY  
GUARANTEED

